



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Röhrig, Silvio

Club: Bischofrod

Number: 443

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:41:46

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 118 (of 418)

Rank in course/Men: 108 (of 300)

Best time in course: 1:08:15

Rank in category: 20(of 50)

Best time in the category: 1:23:03